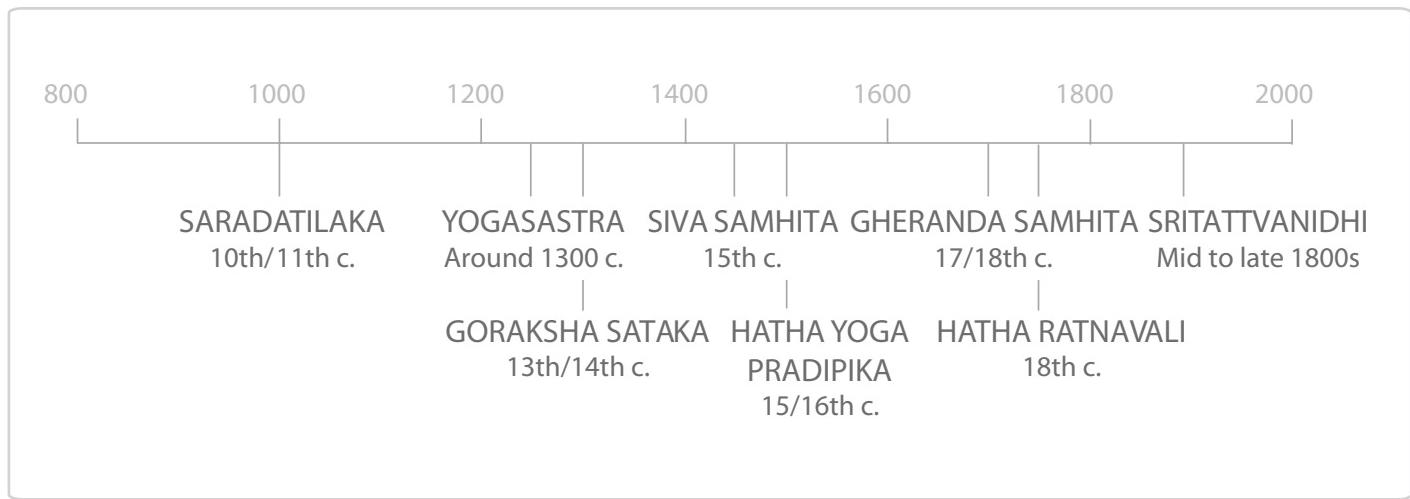


BIG BOOK OF YOGA - PRE MODERN TIMELINE



Saradatilaka

Author: Laksmanadesika

Date: 10th/11th c.

Links

<http://books.google.com/books?id=BjRvuWER9GYC>

Summary

89 verse concise summary of Yoga in the eight-fold tradition of Patanjali's Yoga Sutra; teachings include information on the chakra system and kundalini. Also discusses Laya Yoga and mantra. Curiously, the text mentions a debate surrounding the chakras, current at that time, as to whether there are 12, 16, or many chakras. What we now consider to be the traditional 6-chakra system is not mentioned.

Yogasastra

Author: Dattatreya

Date: Around 1300

Summary:

Outlines several systems of Yoga; considers Raja Yoga (the meditative path) to be superior to other Yogas.

Goraksha Sataka

Author: Goraksha

Date: 13th/14th c.

Links

<http://philtar.ucsm.ac.uk/encyclopedia/hindu/devot/gorak.html>

<http://gorakhnath.org/teachings.php#sataka>

Summary

100 verses written by Goraksha, one of the founding fathers of Hatha Yoga. Acknowledges roots in the teachings of Patanjali, but only discusses 6 out of the 8 branches of the Yoga Sutra framework (the first two, yama and niyama, are left out). Outlines the early Hatha system, including a discussion of subtle anatomy and important techniques.

Siva Samhita

Author: Unknown

Date: 15th c.

Links

<http://www.outercol.org/pdf/SHIVA.pdf> (full text)

http://en.wikipedia.org/wiki/Shiva_Samhita

Summary

Mixes philosophy with specific practices. Speaks at length on the chakra and nadi systems. Only 4 asanas mentioned, but many mudra and pranayama techniques. Some evidence of Vedantic influence alongside Yogic theory.

Hatha Yoga Pradipika

Author: Swatmarama

Date: 15th/16th c.

Links

<http://www.sacred-texts.com/hin/hyp/index.htm> (full text)

http://en.wikipedia.org/wiki/Hatha_Yoga_Pradipika

Summary

Reads like a how-to manual of Hatha Yoga. Describes location, environment, and lifestyle changes necessary to successfully practice Yoga. Relatively brief in its coverage of shatkarma and pranayama, but includes 15 asana descriptions. (Later versions of HYP are said to have up to 108 asanas listed, but this is unconfirmed.) Also has extensive writings on Laya Yoga, the meditative stage which is practiced after proficiency in Hatha Yoga is achieved.

Gheranda Samhita

Author: Gheranda

Date: 17th/18th c.

Links

http://en.wikipedia.org/wiki/Gherand_Samhita

<http://www.yogavidya.com/Yoga/GherandaSamhita.pdf> (partial text)

Summary

Highly detailed exposition on the entire Hatha Yoga system. Describes 32 different asanas, along with many pranayama, mudra, bandha, and shatkarma (including 13 dhauti) techniques. Also the only major yogic text to go into diet at any length – discusses what type of diet (down to the exact plant, nut, and fruit names) to eat at different stages of practice. Said to be influenced by Vaisnava philosophy alongside Yogic theory.

Hatha Ratnavali

Author: Srinivasa

Date: 18th c.

Summary

Late Yogic text from southern India, strongly influenced by Hatha Yoga Pradipika. Lists the names of 108 asanas, but none are very well described.

Sritattvanidhi

Author: Compiled by Krishnaraja Wodeyar III, Maharaja of Mysore

Date: Mid-to-late 1800s

Links

<http://books.google.co.th/books?id=1BU2WI8wMpcC>

<http://www.yogajournal.com/wisdom/466?print=1>

Summary

A compendium of Yoga, Indian wrestling exercises, and probably some British gymnastic practices, written at Mysore palace in the late 19th c. during the early years of British rule in India. Lists many asanas, all of which the famous Yoga teacher T. Krishnamacharya seems to have adopted for his Yoga instruction at the palace in the early 20th c. For more on the link between Mysore palace, Yoga, and the roots of the Krishnamacharya lineage of Yoga, see The Yoga Tradition of Mysore Palace. (See first link, or Additional Reading section for more)